

THE FOUNDATION FOR HOLISTIC HEALTH THERAPY SPIRITUAL EVOLUTION THROUGH THE IMMUNE SYSTEM

(From an Article by William N. Brown, Ph.D.)

Lymphatic Manipulation is a Neo-Vodderian connective lymph tissue massage technique developed by Dr. Anita Childs, one of the original students of Dr. Emil Vodder of Denmark. Dr. Vodder was the originator of Manual Lymph Drainage in the 1930's. In Europe, doctors prescribe Manual Lymph Drainage and it is practiced in hospitals. Europeans have benefited from this technique for over 50 years. We can now demonstrate the fruit of the long development of this work in the refined technique of Lymphatic Manipulation.

The lymphatic system nourishes the body by carrying nutrients to the cells. It is also the system that cleanses and rejuvenates. Lymph travels through the channels of the body that the circulatory system cannot reach. The lymphatic system is our immune system.

Lymphatic manipulation accelerates the lymph flow, quickening the elimination of toxins and harmful deposits in the tissues. Stress and overwork are conditions that cause the blood and lymph to stagnate. The metabolism of the cells becomes insufficient creating acid that poisons the environment of our tissues. This acidosis may cause pain, tension, and emotional imbalance. The lymphatic manipulation is beneficial because it releases stress, enhances the immune system and stimulates the nervous system to reduce pain.

Stress and overwork are conditions which cause blood and lymph to stagnate. The metabolism of cells becomes insufficient, creating acid that poisons the environment of our tissues. This acidosis causes pain, tension, infiltration, edema or eczema. Lymphatic Manipulation releases the stress and tension. It is beneficial because it enhances the immune system, stimulates the parasympathetic nervous system and reduces pain.

Disease manifests in the body when the lymphatic system becomes congested. This, therefore, blocks the energetic flow to our mind and distances our communion with spirit. Assuring that the lymph glands and vessels are healthy and free of congestion would probably be the best approach to preventing disease in mind, body and spirit. This system feeds, cleanses and heals the entire body.

Experience multi-dimensional communion with spirit through acceleration of the lymphatic system. The lymphatic white light system of spiritual healing facilitates bio-spiritual transformation. This technique is a holistic gateway to spirit. It is possible that the power of God is contained within the lymphatic system.

Lymphatic manipulation is indicated for all people of all ages and is a very gentle, effective method of stress reduction and physical regeneration. The results gained with this technique cannot be replicated!



The mechanism of lymphatic massage and Its Effect on Stress Relieving

(From Xuping Gu MD, OMD)

Lymphatic system is the component part of the circulatory system. It is also an auxiliary device of the backflow of body fluid, also an important immuno-defensive mechanism. As is found by modern medical study, people in modern times who live in stress and polluted environment may suffer from backflow disturbance of lymphatic fluid, thus resulting in an invisible edema of tissues and organs in the human body, so the immune function is getting lower. This is the direct reason related to the frequent onset of diseases as cancer, allergy, fatigue, headache tinnitus, irregular menstruation, infertility, increase of body weight, lowering of sexual function, etc.

The lymphatic system is composed of lymphatic vessels, lymphatic organs and lymphatic tissues. The lymphatic vessels contain the running fluid known as lymph. The lymphatic capillaries are the smallest lymphatic tissues. The lymphatic capillaries are the smallest lymphatic vessels that are distributed all over the body. Owing to the permeability of the lymphatic capillary wall is larger than that of the blood capillary, so the lymphatic capillaries, with the exception of absorbing part of the tissue fluid, are intruded by large molecular matter, such as protein, cancer cells, bacteria, foreign matter, etc., which are not easily to go through the wall of blood capillary. If the above matter is not driven out of the body in time, various illnesses may occur. People in modern times, especially women may not maintain effective backflow of the lymphatic fluid, because of over-stress which may result in a tense condition of the blood capillaries as well as the muscles. Modern, especially those middle-aged over 40 years of age have not only teenagers at home who are difficult to bring up but also husbands who have fancy for young girls.

They still have a job to do to earn their living. Having a hand everything, either inside or outside of the house, they feel busy and worry and suffer from over-stress. Besides, they may access or enter climaterium, metabolism of their body tends to lower gradually. Women of this type will suffer from severe disturbance of backflow. Such a long-lasting condition may accelerate the course of aging. For an example, when a woman reaches her middle age, even if she takes care very much of her diet, seldom eats fatty food, why does she have her body still swelled rapidly like a balloon being inflated? Why is she still gaining weight? This is because of the overstress that will induce slow circulation of lymph and blood flow, and varying degree edema will occur in the cellular tissues to induce increase of body weight.

Backflow of the lymphatic fluid follows its own definite direction. According to our many years' clinical practice and study, we have found that to practice massage along the backflow route of the lymphatic fluid in different parts of the body may treat effectively the commonly encountered illnesses in modern women, such as headache, frozen, shoulder, breast cancer, irregular menses, menalgia, insomnia aging of skin, constipation, diarrhea, lumbar pain, infertility, etc. It is a kind of comfortable, effective, most economic and substantial physiotherapy without any side-effect.



In the following, we shall explain respectively the principal methods and effects in massaging the main aggregation areas of lymph nodes in different parts of the human body.

1. The lymph at mandible of the neck which concentrates the parotid lymph node, mastoid lymph node, occipital lymph node, superficial lymph node of lateral neck, submandibular lymph node, submental lymph node, is an abundant lymph concentration area, if disturbance of lymph backflow occurs at neck region, illnesses like intractable headache, nasopharyngeal carcinoma, decrease of vision and hearing, nasal allergy, pollinosis, liability to cold, facial infection, aging of skin, nasal allergy, insomnia, etc. may be induced. The method of massage is to begin at acupoint GV20, following the circulatory routes of the above-said ducts from the vertex going downwards to the clavicle.
2. Supraclavicular and subaxillary lymph is distributed at the superior of clavicle and inferior of axilla. Owing to that the gastric and epigastric lymph flows reversibly to the supraclavicular lymph node which not only has an important prophylactic-therapeutic effect on head and neck sickness, but also on cancer of digestive tract. The subaxillary lymph node receives superficial and deep ducts of upper limbs, thoracic wall and breasts. Hence, massaging is done at mid-axially as a center, and then centripetally. This has an evident effect on prevention of breast cancer and treatment of breast affections.
3. Lower lymph nodes include inguinal lymph node, popliteal fossa node. To massage from tip of the foot then upward to navel is not only beneficial to the backflow of lymphatic fluid at lower limbs and the abdominal region, but also beneficial to the backflow of blood in the veins of lower limbs. It possesses an evident in treating irregular menses, menalgia, lumbar pain, infertility, and decrease of sexual function.
4. Massaging the spleen. The spleen is the important lymph organ of human body, which takes part in the immunological reaction of the mechanism. Spleen is capable of producing lymphatic cells. The macrophagecytes may phagocytes and clear the foreign matter, bacteria and aged or died red blood cells in the blood. To palpate spleen gently may improve the blood circulation of spleen, strengthen the immune mechanism of the human body, and resist the invasion of various immunological affections.

